

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention Program

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Local Teen Goes to Washington DC as Youth Governor

Joe Jenkins, a senior at Heritage High School in Vancouver was elected Youth Governor of the State of Washington in May by his peers in the YMCA Youth and Government program. He spent a lot of time campaigning around the state prior to the vote at the annual Youth Legislature held in Olympia, "As Governor, I will be in charge of a cabinet who will lobby for youth legislature bills that I feel strongly about, such as tobacco bills," said Jenkins. "After bills have been passed it will be my duty (like the actual Governor) to decide if they will be signed into law." One perk of being elected Governor is participating in the National Governor's Conference that is held annually in Washington D.C. Jenkins was one of 36 other Governors from around the nation who participated last month. The main focus of the week-long event was to learn about Servant Leadership, and how best to apply it in the upcoming term. They had many speakers during the week including members of the Bush Administration and Bob Novak from CNN. "I have learned a great deal about the politics of our federal government, and I am more able to understand why stronger FDA regulation on tobacco has been difficult to achieve," said Jenkins. "As an anti-tobacco advocate, I have seen how public criticism of elected officials can hurt or alter the cause and my future goals for prevention and awareness. Although public outcry is necessary at some points, I feel more compelled after the Governor's Conference to tackle policy issues one-on-one with legislators, city officials and county commissioners." Congratulations Joe and thanks for your efforts!

Study Shows Secondhand Smoke Increases Risk of Heart Disease

A landmark study just published in The British Medical Journal finds that exposure to secondhand smoke is even more dangerous than previously thought and increases the risk of heart disease among non-smokers by as much as 60%. This study provides the most compelling evidence yet that secondhand smoke causes heart disease. It is the first study to show a direct physical link between secondhand smoke exposure and an increased risk of heart disease. "This study underscores the need for states and communities across the country to enact comprehensive clean indoor air laws that require all workplaces and public places to be smoke-free," said the Campaign for Tobacco Free Kids in a written statement. "The evidence is irrefutable that secondhand smoke isn't just annoying; it is a scientifically proven cause of serious health problems, including heart disease, lung cancer and chronic lung ailments such as bronchitis and asthma. As evidence of the health harms from secondhand smoke grows, it is absolutely unacceptable for anyone to be exposed to these hazards in the workplace." The study was conducted over a 20 year period by researchers at St. George's Hospital Medical School in London. It is particularly important because it measured exposure to secondhand smoke from all sources - including in bars, restaurants, and other workplaces, as well as in the home, based on blood levels of a nicotine byproduct called cotinine. They found that high blood cotinine levels were associated with a 50-60% higher risk of coronary heart disease. *The British Medical Journal Study* can be found at: <http://bmj.bmjjournals.com/cgi/reprint/bmj.38146.427188.55v1>

News from Skamania County

- Skamania County Community Events and Recreation hosted a Healthy Choices Pavilion as part of the Gorge Games July 14-16. Local youth participated in free outdoor recreation activities such as kayaking, windsurfing and kiteboarding. But first they had to complete a Healthy Choices quiz entering them to win a free windsurfing board, sail and gear. The quiz required youth to look through pamphlets on substance abuse prevention including tobacco. Middle school students Brandy Clark, Cody Bevans, Andrew Jermaine and Nicole Jefferson from the Adventure Group engaged youth in sidewalk chalk art against smoking and drug use, and played Tobacco Roulette. Prizes donated by the Tobacco Free Coalition of Skamania County and the Clark County Health Department helped motivate youth to participate in these educational and fun activities.

- Mark your calendars for the Skamania County Fair and Timber Festival, August 12-15 - where you will find lots of fun, and two tobacco prevention booths staffed by MASH members. They will have a "Blow Bubbles, Not Smoke" activity for both kids and adults, and indoors fairgoers will find a Tobacco Quit Line display with the message "We're here to help you." The theme of this year's fair is "The way we were." The County is celebrating its 150th Anniversary.

KEEP TRYING

On average it takes
8 attempts to quit

TOBACCO QUITLINE.COM
TOLL FREE 1-877-270-STOP

- Despite a lack of advertising opportunities, residents in Skamania County are seeing the new Quit Line campaign thanks to Susie Strom, Community Coordinator with the Skamania County Sheriff's Department. Strom worked with Skamania County Facilities to replace the old Quit Line banner that had been on the side of a building in Stevenson since the November 2003 Great American Smokeout with a Quit Line banner displaying the new ad campaign theme (above). Skamania County does not have billboards and their transit system does not accept advertising. Residents do receive Portland television stations, however the Washington State Department of Health does not advertise on them. Skamania County had to be creative to find ways for residents to see the state's tobacco media campaign. Having a Quit Line banner in a visible location is an effective way to bring the Quit Line message to residents. If you know of other locations to display a similar banner such as buildings, athletic fields etc., contact: James Lanz: 360.397.8416 or james.lanz@clark.wa.gov

Survey Shows Clark College Students Concerned About Secondhand Smoke

A recent survey at Clark College showed that a significant number of respondents were bothered by secondhand smoke on campus. The current college smoking policy prohibits smoking in college buildings and vehicles, and within 20 feet of doors and air intakes. The survey of students and staff, done this spring showed that 86% of non-smokers said secondhand smoke was a concern for them, 71% felt the current campus outdoor smoking policy was not adequately enforced and 68% felt a smoke-free campus policy was important. The results were presented to the college's Environmental Health and Safety Committee in June and it was decided that a sub-group would write two proposals, one for designated smoking shelters, the other for a smoke-free campus, and both would go to College Council in the fall. "I predict we will have a change from the current policy by the end of the year," said Mary Deal, Clark College Health Services Officer. "I think this is another step in Clark College's commitment to the health of our students, and our support of the community's goal of reducing second hand smoke." Last year, Clark College was the first college in the state to put a policy in place that addressed tobacco use and prohibited tobacco product and merchandise sales and advertising on campus. They continue to be proactive in making their campus a safer and healthier learning and working environment. For more information about the survey of Clark College's tobacco policies contact: Mary Deal 360.992.2264



Clark County Health Department
2000 Fort Vancouver Way
Vancouver, WA 98663

Sea Mar Joins Tobacco Prevention Efforts

Sea Mar Community Health Center is Clark County's newest tobacco contractor. They receive tobacco prevention dollars from the Washington State Department of Health through the Washington Association of Community and Migrant Health Centers. Jamie Zentner was recently hired as their health educator. She will work on tobacco and diabetes education along with other health issues. Jamie is excited to begin addressing tobacco issues and get involved with the Tobacco Free Coalition of Clark County. Contact: Jamie Zentner 896.5128 x111



O2 Magazine wants to keep its readers busy with tobacco issues this summer with a challenge. Take any of the actions below, then write to tell them about it, and you are guaranteed a prize!

- ◆ Write a letter to your favorite actor asking them not to smoke in movies.
- ◆ Get together with your local youth groups or friends and throw a tobacco-free BBQ.
- ◆ Pick up cigarette butts from your favorite parks and summer hangouts. Count how many you find and see if you can get the local media to report your efforts.
- ◆ Put a booth up where people can pledge to quit smoking or stay smoke-free.
- ◆ Write a letter to a magazine that youth read like People or Sports Illustrated, encouraging them not to publish tobacco ads.

The next deadline for your letters is August 9. For more information about O2 magazine including other ways you can contribute, look them up on-line at: www.o2magazine.org.

Study Ties Childhood Television Viewing to Obesity and Smoking

Children who watch more than two hours of television a night seem to be at a higher risk of becoming smokers or being overweight, out of shape or having a high cholesterol level according to a new study conducted in New Zealand. Watching TV in childhood and adolescence has already been linked to adverse health indicators including Attention Deficient Disorder but the study is the first to track a group from birth to adulthood. Researchers found that even an average weeknight viewing of one to two hours of television between the ages 5 and 15 was associated with higher body mass indexes, lower cardio repository fitness, increased smoking and raised cholesterol. Although TV advertising of tobacco was banned in New Zealand before study members were born, programs have continued to show frequent images of smoking during children's viewing time, according to researchers. The researchers noted that, as in any observational study, they could not prove TV viewing caused health problems. The American Academy of Pediatrics recommends that parents limit their child's TV viewing to two hours a day. (AP and The Lancet Journal 7/16/04)

Grants Available for Tobacco Initiatives on Local Level

A total of \$12 million in grants will be awarded by the Robert Wood Johnson Foundation to encourage state and community tobacco-policy advocacy. The funding can be used to support professional staff or other infrastructure, public education, advocacy, outreach, and technical assistance for tobacco policy change initiatives at either the regional, state, or community level. The grant program is designed to foster diverse partnerships in communities and states. The foundation is especially interested in initiatives that focus on populations most affected by tobacco use and secondhand smoke exposure. Proposal requirements can be viewed online, and electronic applications will be accepted through 3 PM on September 1. Log onto: <http://www.rwjf.org/programs/npodetail.jsp?id=PAD>

CALENDAR OF EVENTS

- 8/6-15 Clark County Fair** Tobacco prevention information provided at the Girl Scouts booth.
- 8/12-15 Skamania County Fair & Timber Carnival.** Free. Rock Creek Center, Stevenson. Tobacco education booth hosted by youth.
- 8/14 Annual Outdoor Fair Dance,** 8-11 PM, parking lot of Rock Creek Center, Stevenson. Featuring tobacco booth hosted by youth. Contact: Emily Kohner, 509.427.9478
- 8/14 East County Health Fair,** 10-3 PM, Washougal. Will include tobacco cessation materials at "Covering Kids" booth. Contact: Deanna Russell 360.896.9912 x105
- 8/26 CMASA Board meeting,** 3:30 PM, Skamania County Sheriff's Dept. conference room. Contact: Susie Strom, 509.427.9490 x2004
- 8/28 Cessation Task force meeting,** 2:30-4:00 PM, ESD 112 Columbia Room. Contact: Sherri Boylan 360.750.7500 x133
- 8/28 North County Health Fair,** 10-3 PM, Battle Ground. Will include tobacco cessation materials. Contact: Maureen Taylor 360.397.8215 x3108
- 9/9 Schools Task Force meeting,** 7:30-9 AM, Clark County Health Department, Garden Conference Room. Contact: Deb Drandoff ESD 112, 360.750.7500 x303
- 9/9 DOH, ESD Regional meeting,** 9:30-3:00 PM, location TBA. Contact: Deb Drandoff ESD 112, 360.750.7500 x303
- 9/14 Tobacco Free Coalition of Clark County,** 2:30-4:00 PM, Medical Office Building 100 E. 33rd St. Vancouver, Fir-Willow room. Contact: James Lanz: 360.397.8416